A PUBLICATION OF THE HANOVER COUNCIL ON AGING

665 Center Street • Hanover MA 02339 • Telephone (781) 924-1913 • coa@hanover-ma.gov

HANOVER HAPPENINGS

JULY AND AUGUST 2014

HANOVER COUNCIL ON AGING MISSION STATEMENT

To provide services, educational programs and activities which enhance and promote the highest quality of life for each individual.

The Mailing of this newsletter is supported in part by the Executive Office of Elder Affairs



JULY AND AUGUST'S MESSAGE FROM THE DIRECTOR



Ah, the lazy days of summer.....

Ocean breezes, ice cream cones, cottage vacations and outdoor dining are just a few leisurely pastimes. Why not cool off at your Senior Center: attend one of our many wellness activities; enjoy a contemporary movie (Bring your grandchild to see Frozen, playing here in August, ice cream sundaes too!); bring your lunch and enjoy the patio; or bring family and friends to the returning summer concert events on some Sunday evenings?

Relax and rejuvenate and remember this:

"Summer, after all, is a time when wonderful things can happen to quiet people. For those few months, you're not required to be who everyone thinks you are, and that cut-grass smell in the air and the chance to dive into the deep end of a pool give you a courage you don't have the rest of the year. You can be grateful and easy, with no eyes on you, and no past. Summer just opens the door and lets you out." Deb Caletti,

Robyn



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
JULY 2014	9:30 MORNING OUT 12:00 LUNCH 1:00 WATERCOLOR \$10 1:00 TAI CHI PM SHOPPING CHRISTMAS TREE/ ROCHE BROTHERS	9:30 YOGA \$4 12:00 LUNCH 1:00 BINGO/POKER/ MAH JONG	10:00 BOWLING 11:30 TAI CHI 12:00 LUNCH AFTERNOON IN SERVICE NO ACTIVITIES AT CENTER PM SHOPPING HANOVER MALL	HAPPY JULY FOURTH SENIOR CENTER IS CLOSED
8:30 YOGA \$4 9:30 CRIBBAGE 10:00 ARTHRITIS EXERCISE 11:30 STRETCH & RELAX \$4 12:00 LUNCH 1:00 MAH JONG PM SHOPPING SHAWS- CUSHING & OTHERS	9-12 BEAUTY SALON (By Appt) \$15 9:00 VETERAN'S AGENT 9:30 MORNING OUT 12:00 LUNCH 1:00 TAI CHI PM SHOPPING KOHLS/ STOP & SHOP	9:30 YOGA \$4 12:00 LUNCH 1:00 BINGO/POKER/ MAH JONG	10:00 BOWLING 10:00 ASK A LAWYER 11:30 TAI CHI 12:00 LUNCH 1:00 BRIDGE 2:00 BEREAVEMENT PM SHOPPING HANOVER MALL	8:30 ACUPUNCTURE (By Appt) \$25 10:00 ARTHRITIS EXERCISE 11:30 STRETCH & RELAX \$4 12:00 PLOW & ANCHOR LUNCH -LOBSTER ROLL PM SHOPPING-SHAWS LEGION & BARSTOW
8:30 YOGA \$4 9:30 CRIBBAGE 10:00 ARTHRITIS EXERCISE 11:30 STRETCH & RELAX \$4 12:00 LUNCH 1:00 MAH JONG PM SHOPPING SHAWS- CUSHING & OTHERS	9-12 SHINE (By Appt) 9:00 BLOOD GLUCOSE 9:30 MORNING OUT 12:00 LUNCH 1:00 WATERCOLOR \$10 1:00 TAI CHI PM SHOPPING MARKET BASKET	9:30 YOGA \$4 12:00 LUNCH 1:00 BINGO/POKER/ MAH JONG	17 10:00 BOWLING 12:00 LUNCH 1:00 HISTORIAL SOCIETY/ GARDEN CLUB 1:00 BRIDGE 2:00 BEREAVEMENT PM SHOPPING HANOVER MALL	8:30 ACUPUNCTURE (By Appt) \$25 10:00 ARTHRITIS EXERCISE 11:30 STRETCH & RELAX \$4 12:00 LUNCH 1:00 ART MATTERS \$2 PM SHOPPING-SHAWS LEGION & BARSTOW
8:30 YOGA \$4 9:30 CRIBBAGE 10:00 ARTHRITIS EXERCISE 11:30 STRETCH & RELAX \$4 12:00 LUNCH 1:00 MAH JONG PM SHOPPING SHAWS- CUSHING & OTHERS	9:30 MORNING OUT 12:00 LUNCH 1:00 TAI CHI PM SHOPPING HANNAFORD	9:30 YOGA \$4 12:00 LUNCH 1:00 BINGO/POKER/ MAH JONG	10:00 BOWLING 12:00 LUNCH 1:00 BRIDGE 1:00 ZUMBA GOLD \$4 2:00 BEREAVEMENT PM SHOPPING HANOVER MALL	8:30 ACUPUNCTURE (By Appt) \$25 10:00 ARTHRITIS EXERCISE 11:30 STRETCH & RELAX \$4 12:00 LUNCH 1:00 MOVIE Monument Men PM SHOPPING-SHAWS LEGION & BARSTOW
8:30 YOGA \$4 9:30 CRIBBAGE 10:00 ARTHRITIS EXERCISE 11:30 STRETCH & RELAX \$4 12:00 LUNCH 1:00 MAH JONG PM SHOPPING SHAWS- CUSHING & OTHERS	9-12 SHINE (By Appt) 9:30 MORNING OUT 12:00 LUNCH PM SHOPPING JOB LOT AND STOP & SHOP NORWELL	9:30 YOGA \$4 12:00 LUNCH 12:00 BLOOD PRESSURE 1:00 BINGO/POKER/ MAH JONG	10:00 BOWLING 11:30 TAI CHI 11:00-1:00 OPEN HOUSE FOR JOYCE WILSON 1:00 BRIDGE 1:00 ZUMBA GOLD \$4 2:00 BEREAVEMENT PM SHOPPING HANOVER MALL	REMEMBER SUNDAY CONCERTS JULY 20 & JULY 27

All the seniors in town are reading this newsletter.

Do they know who YOU are?

Call to place an ad today 800-732-8070



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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8:30 YOGA \$4 9:30 CRIBBAGE 10:00 ARTHRITIS EXERCISE 11:30 STRETCH & RELAX \$4 12:00 LUNCH 1:00 MAH JONG PM SHOPPING SHAWS- CUSHING & OTHERS	9:30 MORNING OUT 12:00 LUNCH 1:00 WATERCOLOR \$10 PM SHOPPING CHRISTMAS TREE/ ROCHE BROTHERS	9:30 YOGA \$4 12:00 LUNCH 1:00 BINGO/POKER/ MAH JONG	7 10:00 BOWLING 11:30 TAI CHI 12:00 LUNCH 1:00 BRIDGE 1:00 ZUMBA GOLD \$4 2:00 BEREAVEMENT PM SHOPPING HANOVER MALL	8 8:30 ACUPUNCTURE (By Appt) \$25 10:00 ARTHRITIS EXERCISE 11:30 STRETCH & RELAX \$4 12:00 LUNCH 1:00 ART MATTERS \$2 PM SHOPPING-SHAWS LEGION & BARSTOW
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8:30 YOGA \$4 9:30 CRIBBAGE 10:00 ARTHRITIS EXERCISE 11:30 STRETCH & RELAX \$4 12:00 LUNCH 1:00 MAH JONG PM SHOPPING SHAWS- CUSHING & OTHERS	9:00 BLOOD GLUCOSE 9:30 MORNING OUT 12:00 LUNCH 1:00 WATERCOLOR \$10 1:00 TAI CHI PM SHOPPING MARKET BASKET	9:30 YOGA \$4 12:00 LUNCH 1:00 BINGO/POKER/ MAH JONG	10:00 BOWLING 11:30 TAI CHI 12:00 LUNCH 1:00 BRIDGE 1:00 ZUMBA GOLD \$4 2:00 BEREAVEMENT PM SHOPPING HANOVER MALL	8:30 ACUPUNCTURE (By Appt) \$25 10:00 ARTHRITIS EXERCISE 11:30 STRETCH & RELAX \$4 12:00 LUNCH 1:00 MOVIE Heaven is for Real PM SHOPPING-SHAWS LEGION & BARSTOW
25 8:30 YOGA \$4 9:30 CRIBBAGE 10:00 ARTHRITIS EXERCISE 11:30 STRETCH & RELAX \$4 12:00 LUNCH 1:00 MAH JONG PM SHOPPING SHAWS- CUSHING & OTHERS	9-12 SHINE (By Appt) 9:30 MORNING OUT 12:00 LUNCH 1:00 TAI CHI PM SHOPPING HANNAFORD	9:30 YOGA \$4 12:00 LUNCH 12:00 BLOOD PRESSURE 1:00 BINGO/POKER/ MAH JONG	10:00 BOWLING 11:30 TAI CHI 12:00 LUNCH 1:00 BRIDGE 1:00 ZUMBA GOLD \$4 2:00 BEREAVEMENT PM SHOPPING HANOVER MALL	8:30 ACUPUNCTURE (By Appt) \$25 10:00 ARTHRITIS EXERCISE 11:30 STRETCH & RELAX \$4 12:00 LUNCH PM SHOPPING-SHAWS LEGION & BARSTOW

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Do they know who YOU are?

Call to place an ad today 800-732-8070



JULY ACTIVITIES

PLOW AND ANCHOR LUNCH \$5

Friday, July 11, 2014 at Noon Lobster roll, chips, iced tea and dessert Reserve by July 7. No phone reservations.

JULY ART MATTERS

Friday, July 18 at 1 PM, fee \$2

The Great American West

American artists have been like America itself, pioneering, bold, and independent. Especially in the western frontiers where artists were confronted with a totally new and unbelievably beautiful landscape, an alien culture and a dramatically different life style. It fascinated everyone, especially the jaded and complacent Europeans who were enthralled and seduced by the Western American experience. But, it was all over in just 90 years. It took only one life span to end this chapter, from the virgin exploration through pristine lands to the massacre of millions of bison; the pioneers, trappers, cowboys, settlers, miners, and the total redistribution of native Americans in the Indian Wars.

Please join ArtMatters for a look at a very brief but special time in our nation's history through the eyes of artists who tried to capture the flavor of a lost era.

THE HISTORY OF GARDENING IN NEW ENGLAND

The Hanover Garden Club and the Hanover Historical Society are presenting a program at the Hanover Senior Center on **Thursday**, **July 17 at 1:00PM**. The talk will feature Naturalist and Historian John Galluzzo, Director of Education at the South Shore Natural Science Center. Mr. Galluzzo is the author of many books including "Looking Back at South Shore History' and "The North River: Scenic Waterway of the South-Shore." Mr. Galluzzo will speak on The History of South Shore Gardening. All are invited to attend this free talk. Reservations are necessary. Call 781-924-1913. Refreshments to follow presentation.

MOVIE in JULY

On Friday, July 25, 2014 at 1:00 PM, we will show the movie, **The Monuments Men.** George Clooney and Matt Damon tells the story of the brave men who tried to save the treasures of the art world from destruction during World War II.

AUGUST ACTIVITIES

PLOW AND ANCHOR LUNCH \$5

Friday, August 15 at Noon. Clam chowder, crackers, iced tea and dessert Reserve by August 8. No phone reservations.

NEW ENGLAND BURIALS AT SEA

Ash Scatterings and Full Body Burials

Tuesday, August 12, 2014 at 11:30AM Please call to sign up at 781-924-1913

...and when you look at the water you will always see me

Captain Brad White will speak about New England Burials At Sea LLC, the largest east coast provider for customized ash scattering memorials and full body burials at sea events in the USA. Based in Marshfield Hills, MA, the company operates year round from Maine to Miami and on the east and west coast serving all faiths with personalized and affordable services.

AUGUST ART MATTERS

Friday, August 8, 2014 at 1:00pm, fee \$2.00

Alexander Calder

Born in Pennsylvania, he was the third generation of successful sculptors. From when he was a small boy, he was always making "stuff:" toys, utensils, and objects out of bits of string, wire, buttons, cloth, wood and tin. He always had a sense of whimsy about his objects and invented the "Mobile;" a way to compose colorful shapes, and fine lines moving in a constantly changing arrangement. He is also known for creating and performing his own circus. Join us for a whimsical look into his world.

.MOVIES in AUGUST

On Friday, August 1, 2014 at 1:00 PM, cool off and see the Walt Disney animated film **Frozen**. Bring your grandchild and enjoy some ice cream after the movie. Then on Friday, August 22 at 1PM, watch the "Heaven is For Real" true story of a small town father who must find the conviction to share his son's life changing experience with the world.

THANK YOU JOYCE!

PLEASE JOIN US IN HONORING JOYCE WILSON

FOR 18 YEARS OF SERVICE
TO HANOVER SENIORS
AS SHE CELEBRATES HER RETIREMENT
THURSDAY, JULY 31, 2014
11:00AM TO 1:00 PM
RSVP BY JULY 25, 2014
TO NANCY AT 781-924-1913

REMEMBERING JOAN PICARD

We will miss Joan and all that she has contributed to the Hanover COA Advisory Board; her enthusiasm for our monthly teas, and especially Joan's scones.

FRIENDS OF THE HANOVER COA TRIPS

"The American Bandstand Revue"

Tuesday, September 9, 2014 \$65.00 per person Location: Venus de Milo

Luncheon- Boneless breast of chicken, soup, potato, vegetable, dessert and coffee.

Blithewold Mansion & Gardens with Benjamin's Restaurant

Wednesday, September 24, 2014, \$69.00 per person. Lunch at Benjamin's restaurant. Followed by a Guided tour of the beautiful Blithewold Mansion

Andrews Sisters Tribute: "Letters from Home"

Thursday, November, 6, 2014, \$64.00 per person Location: White's of Westport Show and lunch included.

LAKE WINNIPESAUKEE TURKEY DINNER TRAIN

October 15, 2014 Information to follow

RESERVATIONS & INFORMATION

Please contact Dot Quinn at 17 Briscos Plain, Hanover, MA 02339 telephone: 781-829-4241. Please make checks payable to: Dot Quinn.

Corrections:

Spelling errors in last month's newsletter were the following: Judith Barca and Doreen Giordani. Please accept our apologizes.



SUMMER CONCERT SERIES

HANOVER PARK /RECREATION AND
THE COUNCIL ON AGING
ARE PROUD TO OFFER
THE FOLLOWING CONCERTS ON
SUNDAY EVENINGS IN JULY AND AUGUST
FROM 6:00 TO 7:30 (Doors open at 5:50)

July 20 -Grupo Fantasia July 27 - Paul Doolittle August 10, Rusty Skipper August 24, Dixie DieHards

These concerts will take place at the Hanover Senior Center at 665 Center Street in Hanover.

Doors open at 5:30 PM. Music starts at 6:00PM.

Join us for these fun, free concerts. Concerts will be held indoors if necessary.

HANOVER SENIOR CENTER HOLIDAY CARD CONTEST

The Hanover Council on Aging is blessed with many talented and giving seniors. This year, we are offering a contest for a Holiday card with your design and words of joy depicting the Holiday season. Celebrate your creativity by painting or drawing a special holiday theme. The card must be submitted by the end of August. Winning entry will be made into a bona fide greeting card !Winners will be judged by their creativity, imagination and expression of the Holiday season.

We will be offering prizes for this event with the first prize at \$100.00, the second prize at \$50.00 and the third prize at \$25.00.

The cards will be used as the Center's annual Holiday Mailer and will be displayed and available for purchase. Proceeds will go to programs. We are looking forward to have all our talented Seniors join in on this initiative.

NEW AND RENEWED FRIENDS

Benjamin & Ethyle Kruser—Janice Frank—
Joan Norris & Ray Larson—Robert Tenaglia, Sr.—
Flo Grady—Heide Davis—Jerry & Ann Finnerty—
Julie & Ron Whitt—Therese Salesses—Peter & Betty
Gudbrandsen—Roger & Maureen Vierra—George &
Marjorie Miller—Carol Perry—Carol Fallon—
Maryanne Aylesworth—Robert & Dolores Hannon—
Joy McKee—Marilyn & Robert Wilkinson—Prisco
Giardiello—Richard & Carol Matthews—Trevor &
Janet Kirby—Julius Barons—Beverly ColtonCochrane—Elizabeth & Bob Meader

ADDITIONAL DONATION

Janice Franks—Joan Norris & Ray Larson— Heide Davis—Jerry & Ann Finnerty—Julie & Ron Whitt—Peter & Betty Gudbrandsen—Roger & Maureen Vierra—Carol Fallon—Marilyn & Robert Wilkinson—Prisco Giardiello—Texas Holdem Group—Richard & Carol Matthews

IN MEMORY OF

Phil Franks by Janice Frank
Diane Tenaglia by Robert Tenaglia, Sr.
Peter Davis by Heide Davis
Tina Murphy by Trevor & Janet Kirby
Joan Picard by Cynthia Woods

IN HONOR OF

All Veterans by Heide Davis
The Council by Marilyn & Robert Wilkinson

THANKS TO THE FOLLOWING FOR THEIR DONATION OF PRODUCT:

Jeanne Marie Kiely—Nancy Mickunas—Linda Hayes—Jane Bradis—Theresa Gratzer—Carol Reilly—John Buzad—Nancy Gaffey—James Moran— Irene Craig—Stan Szejnar—Debbie & Stan Katsikis— Maureen Elliot Thank you, also, to those of you who donated anonymously.

SUMMER VACATION

The monthly Men's Discussion and the Book Club will not be held in July and August. These activities will return in September.

Zumba with Pasqualina will NOT be held on Thursdays July 3, July 10 and July 17. Pasqualina will return on July 24.

Tai Chi with Kathy Dunn on Thursdays at 11:30AM will not be held on July 17 and July 24. Kathy will return on July 31. There will be a substitute for Kathy Dunn's yoga classes on July 21 and July 23. There will be a two-week break (July 29 & August 5) after the first 8 weeks of Tuesday 1PM Tai Chi with Old Colony.

MEET YOUR VETERANS AGENT

TUESDAY, JULY 8 AT 9:00 AM

Join Veterans agent, Michael Thorpe for a continental breakfast. Learn about the additional benefits for veterans from the state of Massachusetts under Chapter 115. Call 781-924-1913 to make a reservation.

Veterans' News, July, 2014

The Service members' Group Life Insurance (SGLI) program will adjust its monthly premium rate from 6.5 cents per \$1,000 back to the 2006 rate of seven cents per \$1,000 of insurance, a modest increase to ensure the SGLI program remains in a strong financial position.

The Department of Veterans Affairs (VA) continues to place the interests of Service members first and foremost by keeping SGLI premiums as low as possible while also maintaining the necessary reserve levels to keep the program for future generations. Since the start of the SGLI program in 1965, monthly premiums have decreased from 20 cents per \$1,000 to the current 6.5 cents.

In order the program to remain in good financial condition, it is now necessary to increase the premium rate by half a cent. Since 2008, as a result of the half-cent reduction and decreases in interest rates, reserve funds have decreased. It is common practice in the group insurance industry, to adjust premium rates as reserve funds increase and decrease.

For a Service member with the maximum \$400,000 of life insurance, this change will mean an increase of two dollars a month.

For more information on the new rates, you can visit: http://benefits.va.gov/insurance/sgli.asp

If you have questions about your military or VA benefits, contact your local Veterans' Service Officer, Mike Thorp, located in Hanover Town Hall, at 781-829-0968

Schedule changes

In July, the SHINE counseling will be on Tuesday mornings July 15 and July 22 from 9AM to noon. Call for an appointment.

There will be an afternoon in service on Thursday, July 3. All afternoon activities are cancelled on that day.

FYI The senior center is closed on July 4th.

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> > Janet Kirby Kitchen Aide

George Van Driver

Jim, Van Driver

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Please make checks payable to Friends of Hanover COA and mail to: Hanover Council on Aging, 665 Center St., Hanover, MA 02339. I would like to become a Friend of the Council on Aging. Enclosed are my dues of \$5 per person for 2014

PLEASE PRINT CLEARLY

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Additional Contribution:
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In Honor of:
Send acknowledgement to: